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# THE GUILD OF ST. BARNABAS

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BOSTON.—The Boston Branch of the St. Barnabas Guild met at the Parish-House of Trinity Church on April 6. The business meeting was called to order at eight o'clock and much important business was transacted. The mite boxes, which had been given to every member of the guild in the hope that they, during Lent, would be able to give to the cause of the missionary nurse, which Bishop Whitehead so strongly advocated, were nearly all returned. The result was most encouraging, as the amount was larger than had been even hoped for—viz., seventy dollars and eighty-six cents. A proposal was read from the bishop in regard to the disposal of this fund which has been thus raised. He suggests that it be given in support of the missionary nurse to the Philippines who works under Bishop Brent and who is one of our own nurses. The cost of her support is six hundred dollars a year, and it is hoped that the whole amount may be raised. The Boston Branch has contributed more than the amount asked from them. A letter was read from Miss Abbey Loring asking for volunteer nurses to be on duty in case of sudden illness or accident during the meeting of the Woman's Auxiliary at the time of the General Convention in October. This appeal was promptly responded to on the part of the nurses present. A fund for a memorial of Mrs. Sprague, one of the oldest and most active of our members, has been raised and a discussion as to the form it should take resulted in the choice of a ciborium to be used in St. Stephen's Church. The motion was passed to entertain the General Council of the St. Barnabas Guild on October 3 and 4. This would bring it at the time of the General Convention, and the Boston Branch feels anxious to repay the hospitality which has been extended to it in years past. Miss S. B. Howe's resignation was handed in and accepted with much regret. At the service held after the business meeting Mrs. Whiteside and Miss Elizabeth Andrew were admitted as associate members of the guild, and Miss Cromley and Miss Peters were admitted as members. Mr. Bishop chose as the text for his address, "Peace be unto you." He said that this was the promise of Christ to His disciples, and that this doctrine might be preached to all the world in this spirit of peace. The greatest power lies in calm, and we must resist the temptation to feel that force lies only in unrest and action; it is, on the contrary, in calm that power can most clearly be shown, as is seen in the calm of Christ's own life. We should be inspired by it, and thus, by the process of endeavor, rise to a purer and nobler life symbolized by the Resurrection. In peace and trust and in communion with Christ should we lead our lives. The social hour after the service was, as usual, most enjoyable. Miss Constance Amory gave a great deal of pleasure by her charming playing and singing. The meeting was quite a large one, and it broke up about ten o'clock.

It has already been recorded in the notes from the Boston Branch that an invitation was extended for a delegation to visit Providence, and we

were assured that those who could accept that invitation would find a hearty welcome. The meeting was held in St. Stephen's Chapel and afterwards the Bostonians had a pleasant drive and a delightful tea at the house of the hospitable local secretary. Such an outing does much to keep alive the feeling we should all cherish for members of the guild, and we wish our branches were located more conveniently for visiting. Not that we doubt the existence of friendly feeling,—no one who has been entertained during the councils could do that,—but an opportunity for such general hospitality comes but rarely, and that is one great reason why the councils are of such value. Two things appear especially to excite that "fellow feeling" which "makes us wondrous kind." One is companionship in hard things, while exactly the same is true of having been together on joyful occasions. During a great season of rejoicing, such as a national triumph, how cheerful and jolly the crowd appears! A common impulse moves the hearts of all, and they recognize that the bond of this victory holds them together. The same is equally true of a great sorrow. During the illness of those of our Presidents who have been assassinated, we all remember that strangers fraternized in uttering their sympathy and woe. Theologians have discussed the knotty question as to whether sorrow or joy affect the heart and soul more deeply. With this side of the matter we have little to do, but nurses have often seen the almost magical effects of the extremes of human joy or woe on the characters of others. How many hard and seemingly unlovely traits disappear in the furnace of affliction! how pettiness shrivels up and blows away when the mighty wind of adversity blows! Then, too, we meet many persons who seem made to flit like butterflies through the sunshine of life. We say that such airy creatures are of no real good in the world, that they are only pretty and agreeable! Isn't it, after all, a good deal to be both pretty and agreeable, to make one's face an index of the heart? Amiability is sometimes spoken of as akin to weakness, but when it is translated by loveliness it seems well worth while. The sterling, solid qualities are nearly always prized, while tact, grace, and charm are relegated to a lower place in our esteem. Every-day experience proves that it is more common and more easy to be heroic on few and great occasions than it is to be kind and loving as a matter of daily living, while it is certainly true that nothing shows a true self-discipline more than control of our minor words and actions. How often we are disappointed in reading the lives of great men and women to find how petty they were in many things; the hero may not have been a good husband nor a fond father, and it disappoints us in our hero-worship that our idol should have feet of clay. Many an ambitious and truly noble-souled nurse has been humiliated by realizing that those of her profession who had not so many ideals as herself seemed to succeed better in winning a patient's affections. If anything may be described as the day—aye, and often the night—of small things, nursing is so, and that is one reason why it is at once such a trial and such a help to those who undertake it. We often lament that people expect perfection of us, but what is perfection but exactness in detail? By this we do not mean a machine-like performance of routine duties, but attention to little things in order to attain the finished whole. It is a little thing to say a slighting word of those who work with us, but slander is a great thing. It is an equally little thing to smile when we wish to frown, or to be silent when we burn to make a sharp retort, but "He who ruleth his spirit is greater than he that taketh a city." This is a long way, you say, from visiting councils, yet not so long, after all, when we think how the trials of our work-a-

day life are lightened by meeting those who love and wish to help us. A season of greeting and welcoming our friends is a great refreshment, and in this we may all help at least thus far. We may show our interest and cordiality in little ways, and if many of us contribute our little mite in hospitality and friendliness we need not fear that anything will be lacking in the greatness of our welcome.

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ORANGE, N. J.—A meeting was held in St. Mark's Church, West Orange, on Thursday, March 24. In the absence of the rector the address was made by the Rev. Mr. Lighthipe. A business meeting followed the service and there was a fair attendance of members, but owing to the prevailing sickness which has marked this winter the number was not nearly so large as usual. No new member was received, and, as it occurred during Passion Week, no reception was held, as in former years. The Work Committee reported that good progress has been made at the monthly meeting. The fresh-air work being once more before the community, members from the branch will be appointed to serve with the joint committees, names to be announced later.

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NEWPORT, R. I.—Our service in February was held in St. George's Church, after which we adjourned to Miss Hunter's studio for tea. We were very much interested in the greenhouses, which are conducted by a girls' club, and each member received a plant or flowers to keep or to give to the sick. In March, after service, which was also held in St. George's Church, the guild was entertained at the home of Mrs. Peter King. The question of "United Benevolent Work" was discussed, and it was voted to take up a collection at the St. Barnabas Day service in June for the support of a nurse in missionary fields. Music and refreshments concluded a very pleasant afternoon.



CONSTIPATION IN INFANTS AND YOUNG CHILDREN.—W. J. Trenton has a paper on this subject in *Pædiatrics* in which he says that a want of fluid drunk may be one cause of the condition, a deficiency of fat and an excess of proteid in the food another.

He emphasizes the importance of regular feeding and a change in food if necessary, whey, thin, well-cooked gruel, albumenized water, broth, or meat-juice being substituted for milk for a time. A teaspoonful of fine oatmeal made into a paste and stirred into the morning feeding of milk may be of use. Cream may be added to supply fat. Massage he considers a valuable remedy. If medicine is necessary, a teaspoonful of manna may be given in the milk, dissolved first in hot water, or a few grains of phosphate of soda, also in the milk, or fluid magnesia, or half a grain to a grain of sulphur. If there is colic and flatulence a mild cathartic should be used, perhaps a dose of castor-oil. The object is to open the bowels freely at first and then keep them open with as little artificial aid as possible. Enemata are of service to remove masses of fæces at first, but their use should not be continued. Suppositories of glycerin or a cone of soap may be used.